

Sunday Message

SOLEMNITY OF THE MOST HOLY TRINITY

THE WORD

Year A • 31 May 2026 • Psalter Week 1

TRINITARIAN LOVE

JOHN 3:16-18



The Trinity can sometimes appear like a complicated mathematical puzzle of fitting three persons into one God.

Like Jews and Muslims, Christians believe in one God. Yet the God that Jesus reveals to us is an infinitely rich God who does not dwell in some remote part of the solar system, watching us from a distance, as a once popular song suggested. "In him we live and move and have our being," St Paul preached in the city of Athens. This God has drawn near to us in the human form of Jesus, God's Son and Word, and continues to be present to us through his Spirit.

Today's Gospel is part of a longer story of a meeting between Jesus and a Jewish leader called Nicodemus. Nicodemus was a good man searching for the kingdom of God. Jesus' message to him was simple. It is not a question of whether human beings can find their way to God, but that God has found the way to come near to them and to give them a mysterious rebirth through the Spirit. "God loved the world so much that he gave his only Son so that everyone who believes in him might not be lost but have eternal life."

The secret mystery of the Trinity is that God is Love, a love that needs so much to express itself that it takes a human body and identifies with us in our weakness. The cross is the sign of how deep that love goes and, when we sign ourselves with it, we do so in the name of Father, Son and Spirit. When we were brought into the new birth of baptism, it was in the name of that same Holy Trinity – Father, Son and Spirit. ■

SAY

"Lord, help me and my family to live like the three persons of the Blessed Trinity, united in love. Amen."

PRAY

Each of us is called to love God and our neighbour with all our mind, heart, soul, and strength. Jesus makes it clear that this is the first and the greatest of the commandments. Pray to be able to love like that.

REFLECT

As Christians, baptised in the name of the Father, Son, and Holy Spirit, we seek to see everything as a manifestation of God's love, a love that is reflected in the three persons of the Holy Trinity. In 2015, Pope Francis published his wonderful encyclical, *Laudato Si'* – on care for the earth, our common home. "Each creature has its own purpose," Pope Francis writes. "None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God."

A caress of God is a beautiful image. We must open our eyes and hearts to see all creation as being 'a caress of God'. Think of how we would treat the earth and each other if we saw every created thing with the eyes of love. That's how God sees it, as we are told in the book of Genesis: God saw all that he had made and found it very good. God has created us in his own image and likeness. Seeing every created thing with the eyes of love, we would treat everything with respect and care and tenderness. We would respond to the Trinitarian God of love by living lives of love. ■



DO

Make the Sign of the Cross at the beginning and end of each day and before and after each meal. Think about what it means.

LEARN

The three persons in the Holy Trinity are three distinct persons, but they are so in love with each other, so wrapped up in each other, so connected to each other, they are perfectly one. Their communion is so strong, their intimacy so great, the three become one while never losing their individuality. God is an eternal exchange of infinite love.

ENTRANCE ANTIPHON

*Blest be God the Father,
and the Only Begotten Son of God,
and also the Holy Spirit,
for he has shown us his merciful love.*

COLLECT

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. **Amen.**

FIRST READING Exodus 34:4b-6, 8-9

A reading from the Book of Exodus.

In those days: Moses rose early in the morning and went up on Mount Sinai, as the LORD had commanded him, and took in his hand two tablets of stone. The LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. The LORD passed before him and proclaimed, 'The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.'

And Moses quickly bowed his head towards the earth and worshipped. And he said, 'If now I have found favour in your sight, O Lord, please let the Lord go in the midst of us, for it is a stiff-necked people, and pardon our iniquity and our sin, and take us for your inheritance.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM Daniel 3:52. 53. 54. 55. 56. R. 52b

R. To be praised and highly exalted for ever!

1. Blessed are you, O Lord, the God of our ancestors.

R. To be praised and highly exalted for ever!

2. Blessed is your glorious and holy name.

R. To be praised and highly exalted for ever!

3. Blessed are you in the temple of your holy glory.

R. To be praised and highly exalted for ever!

4. Blessed are you on the throne of your kingdom.

R. To be praised and highly exalted for ever!

5. Blessed are you who look into the depths, seated upon the cherubim.

R. To be praised and highly exalted for ever!

6. Blessed are you in the firmament of heaven.

R. To be praised and highly exalted for ever!

SECOND READING 2 Corinthians 13:11-14

A reading from the Second Letter of Saint Paul to the Corinthians.

Brothers and sisters: Rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL cf. Revelation 1:8

R: Alleluia, alleluia.

Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is and who was and who is to come.

R: Alleluia.

GOSPEL John 3:16-18

A reading from the holy Gospel according to John.

For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Sanctify by the invocation of your name, we pray, O Lord our God, this oblation of our service, and by it make of us an eternal offering to you. Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Since you are children of God,
God has sent into your hearts the Spirit of his Son,
the Spirit who cries out: Abba, Father.*

PRAYER AFTER COMMUNION

May receiving this Sacrament, O Lord our God, bring us health of body and soul, as we confess your eternal holy Trinity and undivided Unity. Through Christ our Lord.

Amen.